



# RHODE ISLAND STATE POLICE

## Headquarters

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Steven G. O'Donnell  
Colonel  
Superintendent

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Dear Candidate:

Information contained in this booklet has been compiled by staff members of the Rhode Island State Police Recruit Training Academy to better prepare you for the second phase of the Recruit Selection Process — the *Physical Fitness Test*. Only those candidates who receive a passing grade on the *Written Examination*, the first phase of the Recruit Selection Process, will be scheduled to take this Physical Fitness Test. This information is being provided to you several weeks prior to the administration of this test to assist you in your preparation.

If you receive a passing grade on the Written Examination, you will be notified by letter when and where to appear for the Physical Fitness Test. As soon as you are notified that you have received a passing grade on the Written Examination, you must contact your physician to schedule an appointment for a physical examination to confirm that you are physically fit to participate in the next phase of the Recruit Selection Process; the *Physical Fitness Test*. Your physician must sign and complete the Fitness Test Medical Certificate. This certificate *must* be presented on the date of your Physical Fitness Test. If a candidate does not present the Fitness Test Medical Certificate on their assigned Physical Fitness Test date, that candidate will be excluded from the Recruit Selection Process.

If you should have any questions regarding the second phase of the Recruit Selection Process, please feel free to contact a member of the Training Academy Staff at (401) 444-1191.

Sincerely,

Steven G. O'Donnell  
Colonel  
Superintendent



# RHODE ISLAND STATE POLICE RECRUIT TRAINING ACADEMY



## PHYSICAL FITNESS TEST FOR THE POSITION OF TROOPER TRAINEE

Each Physical Fitness Test event examines a specific area of physical fitness. These specific areas include: *Explosive Power, Dynamic Strength, Anaerobic Power and Aerobic Power*. The Physical Fitness Test is comprised of five (5) test events. Candidates must pass each event to continue in the Recruit Selection Process. These events are listed as follows:

TEST EVENTS	MEASUREMENTS
1) Vertical Jump	Explosive Power
2) Sit Up	Dynamic Strength
3) 300 Meter Run	Anaerobic Power
4) Push Up	Dynamic Strength
5) 1.5 Mile Run	Aerobic Power

The Rhode Island State Police requires each candidate to provide a **Fitness Test Medical Certificate** showing that he/she can participate in the Physical Fitness Test. Each candidate is required to bring the enclosed **Fitness Test Medical Certificate** (page 2), along with the **Minimum Physical Fitness Standards Sheet** (page 3), and the **Fitness Test Procedure Sheet** (pages 4-8) to his/her physician.

The Fitness Test Medical Certificate must be completed by your physician within **sixty (60) days of your Physical Fitness Test date**. This certificate must be presented at the test site on your assigned test date. Failure to present this certificate will exclude you from taking the Physical Fitness Test and further participation in the Recruit Selection Process.

Each candidate is responsible for the cost of his/her physician's visit. Only those persons receiving supplemental social security payments, public assistance, or those unemployed and primarily responsible for the support of a household are eligible for assistance. If you qualify for assistance, contact a member of the Training Academy Staff for further instructions at (401) 444-1191.

**YOU MUST PRESENT THIS COMPLETED FORM AT THE PHYSICAL FITNESS TEST**

**FITNESS TEST MEDICAL CERTIFICATE**

Dear Physician:

The following named individual has submitted an application to become a Rhode Island State Police Trooper: **(To Be Completed By Candidate)**

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

The Rhode Island State Police requires each candidate to bring a completed Physical Fitness Test Certificate to the Physical Fitness Test before he/she will be allowed to participate in this test. A statement must be obtained from a licensed physician that the candidate is of sufficient physical conditioning to undergo a Physical Fitness Test. Also, please note that the visual acuity requirement for the Rhode Island State Police is 20/40 without correction, and 20/20 corrected vision. In addition, the candidate must **not** be color blind.

Enclosed in this package is a listing and description of the individual events (page 3) and the minimum physical fitness standards (pages 4-8) a recruit trainee must attain. We ask that your evaluation be based upon this criteria. In the event this candidate successfully completes this Physical Fitness Test, a medical examination (Post Conditional Offer of Employment) will be conducted, at our expense, by a physician designated by the Rhode Island State Police. Thank you for your assistance.

**PHYSICIAN'S STATEMENT**

I have examined the above-named individual on \_\_\_\_\_.  
(date)

I certify that the individual meets the visual standard of 20/40 uncorrected vision, 20/20 corrected vision, and is **not** color blind.

After reviewing each of the five (5) events, I find him/her to be of sufficient physical conditioning to allow the candidate to participate in the Rhode Island State Police Physical Fitness Test.

COMMENTS (if any): \_\_\_\_\_

\_\_\_\_\_  
Physician's Signature/Date

Please Type or Print:

Physician's Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Telephone Number: \_\_\_\_\_



# RHODE ISLAND STATE POLICE RECRUIT TRAINING ACADEMY



## MINIMUM PHYSICAL FITNESS STANDARDS FOR MALES AND FEMALES

<i>MALES 18 - 29</i>		<i>MALES 30 -35</i>	
Vertical Jump	20.5	Vertical Jump	19.5
Sit Ups	40	Sit Ups	36
300 Meter Run	56.0	300 Meter Run	57.0
Push Ups	33	Push Ups	27
1.5 Mile Run	11:58	1.5 Mile Run	12:24

<i>FEMALES 18 - 29</i>		<i>FEMALES 30 -35</i>	
Vertical Jump	15.2	Vertical Jump	12.5
Sit Ups	35	Sit Ups	27
300 Meter Run	64.0	300 Meter Run	74.0
Full Body Push Ups	18	Full Body Push Ups	14
1.5 Mile Run	14:04	1.5 Mile Run	14:34

- Candidates are tested at the 50<sup>th</sup> percentile using the Cooper Institute of Aerobic Research standards.

## DYNAMIC STRENGTH TEST

### I. ONE MINUTE SIT UP:

A. *Objective:* To measure the muscular endurance of the abdominal and hip flexor muscles.

B. *Procedure:*

- 1) Candidates must lie on their backs, knees bent, with fingers interlocked behind the head, heels flat on the floor.
- 2) Testers will hold their feet down.
- 3) Heels will be approximately the distance between the candidate's outstretched thumb and small finger from the buttocks.
- 4) From the "down" starting position on back, candidates will raise their upper bodies, fingers interlocked behind head, and touch their elbows to their knees at the "up" ending position.
- 5) Candidates will then lower themselves until their shoulder blades touch the mat.
- 6) This will be considered one (1) sit up.
- 7) A sit up will not count if:
  - a) The fingers are not interlocked and the hands do not remain in contact with the back of the head at all times.
  - b) The elbows do not touch the knees.
  - c) The shoulder blades do not come all the way down to mat.
- 8) At the completion of this test, the tester will inform the candidates how many sit-ups were completed correctly.
- 9) Candidates may rest only in the "up" position.
- 10) The candidate score will be the total number of correct sit-ups completed in one (1) minute.

## II. ONE MINUTE PUSH UP:

A. *Objective:* This test measures the muscular endurance of the upper body (anterior deltoid, pectorals, and triceps).

B. *Procedure:*

- 1) The hands are placed slightly wider than shoulder width apart, with fingers pointed forward. The administrator places one fist on the floor below the subject's chest. If a male is testing a female, a 3-inch sponge should be placed under the sternum to substitute for the fist.
- 2) Starting from the up position (elbows extended), the subject must keep the back straight at all times and lower body to the floor until the chest touches the administrator's fist. Subject then returns to the up position. This is one repetition.
- 3) Resting should be done only in the up position.
- 4) The candidate score will be the total number of correct push-ups completed in one (1) minute.

## AEROBIC POWER TEST

### I. 1.5 MILE RUN:

A. *Objective:* To measure the efficiency of the cardiovascular system and how it responds to imposed physical demand.

B. *Procedure:*

- 1) Candidates will be allowed to warm-up and stretch prior to this test.
- 2) Candidates will run or jog a distance of 1.5 miles in the shortest time possible. Prior to the test, candidates should practice the 1.5 mile run several times to determine the best individual pace for the entire distance.
- 3) A group of candidates will run at the same time. Candidates may choose to walk or jog if they so desire. However, this event is an individual effort. All scores are individually recorded.

## ANAEROBIC POWER TEST

### I. 300 METER RUN:

A. *Objective:* Measure recruits anaerobic power capacity.

B. *Procedure:*

- 1) Candidates will be allowed to warm-up and stretch prior to this test.
- 2) Candidates will run a distance of 300 meters at a maximal level of effort. Time used to complete distance will be recorded in seconds.

### II. VERTICAL JUMP:

A. *Objective:* This is a measure of muscular explosiveness or strength of the recruit's legs.

B. *Procedure:*

- 1) Candidate stands with one side toward the wall and reaches up as high as possible to mark his/her standard reach.
- 2) Candidate jumps as high as possible and marks the spot on the wall above his/her standard reach mark. Prior to jumping, one foot must remain stationary on the floor.
- 3) Score is the total inches, to the nearest  $\frac{1}{2}$  inch.
- 4) The best of three trials is the score.



## CONCLUSION

A physically fit recruit will have the ability to carry out daily tasks with vigor and alertness without undo fatigue and with ample energy and strength to meet the above-average physical demands. The goal of the Rhode Island State Police Training Academy Fitness Program is to produce the highest level of fitness possible in each individual trainee. Objectives of the Rhode Island State Police Academy Physical Training Program include the following:

- 1) The recruit trainee will exhibit a high level of fitness by achieving a balance of strength, flexibility, and aerobic conditioning.
- 2) The recruit trainee will learn safe, efficient concepts and methods of improving and maintaining fitness.
- 3) The recruit trainee will understand the positive connections between total fitness/wellness and job performance.
- 4) The recruit trainee will develop confidence in himself/herself and esprit d'corps by achieving a high level of fitness with his/her classmates in a demanding physical training program.

It is important that you review this booklet in its entirety before taking the Physical Fitness Test. In addition to the information outlined in this booklet, you will be given an orientation session at the Physical Fitness Test site.